

Safety News Letter

AMEDDC&S and FSH, May 2003

Driver Fatigue Quiz

Please answer True or False.

1. Coffee overcomes the effects of drowsiness while driving? **(T or F)**
2. While driving I can tell when I'm going to go to sleep? **(T or F)**
3. Rolling down my window or singing along with the radio will keep me awake? **(T or F)**
4. I'm a safe driver so it doesn't matter if I'm sleepy? **(T or F)**
5. You can stockpile sleep on the weekends? **(T or F)**
6. Most adults need at least seven hours of sleep a night? **(T or F)**
7. Being sleepy makes you misperceive things? **(T or F)**
8. Wandering, disconnected thoughts are a warning sign of driver fatigue? **(T or F)**
9. On a long trip, the driver should never take a break, but try to arrive at the destination as quickly as possible? **(T or F)**
10. A micro sleep lasts four to five seconds? **(T or F)**

Answers to Quiz on Page 2.

May 2003: It's National Electrical Safety Month

Just a few reminders:

- Don't use power tools in the rain.
- Check electrical cords for wear and damage. Check power tools for serviceability.
- Unplug small electrical appliances when not in use.
- Keep the area in front of fuse and circuit breaker panels clear.

Lawn Equipment Safety

The Consumer Product Safety Commission estimates that 135,000 people are treated in emergency rooms for injuries associated with power lawn and garden tools each year. Injuries involving lawn equipment often occur because of improper use, improper safety attire, failure to heed safety instructions

and owners' manuals, inadequate maintenance of tools, and mechanical problems. Often, the victims of these accidents are children who are unaware of any danger and are playing in the area where power equipment is being operated.

Help reduce these accidents by following a few simple safety precautions:

- Read the owners manual and learn how to operate the equipment.
- Do not disable safety devices.
- Protect yourself and others against objects by clearing the work area of rocks, sticks, toys, or any other materials that could become a projectile if struck by a mower blade.
- Keep bystanders, especially children, away from the mower.
- Keep hands and feet away from the mower blades while it is running.
- Stop the engine before attempting to empty the grass catcher.
- Never leave a running mower unattended.
- Do not walk backwards while pulling the mower towards you.
- To ensure good footing, wait until the grass is dry before mowing.
- Handle fuel safely. Before refueling stop the engine and allow it to cool. Wipe up spilled fuel before restarting the mower.
- Never refuel gasoline-powered equipment indoors.
- Wear close-fitting clothes, long pants, and closed toe shoes with traction soles. Do not operate power equipment while barefoot.

Near Miss

Don't Ignore It Report It!

Have a Safe & Happy Summer!

The Weekend Gardener



Gardening can be a great pleasure. However pulling weeds, raking the lawn, or just digging a hole can strain the back in painful ways. Additional causes of lower back strain are frequent squatting and kneeling required for planting and weeding. Here's what the experts recommend to help reduce back strain and injuries for gardeners:

- Avoid squatting and bending as much as possible.
- Use a kneeling pad instead of bending over while gardening.
- Stretch every 15 to 30 minutes.
- Use a dolly or wheelbarrow instead of carrying heavy items.
- Never lift by simply bending over. Instead, make the leg muscles do most of the work.
- Grasp objects while squatting, lift by raising the entire body keeping the weight over your legs.
- Stay well hydrated. Drinking water helps decrease fatigue.

Upcoming Safety Training

May 7 0830-0930	Water Safety Bldg 2841 Rm 2122
May 14 0830-1030	Contractor Safety Bldg 2841 Rm 2206
May 20 1000-1400	Safety Day Roadrunner Bldg
June 4/5 0830-1500	CDSO Bldg 2841 Rm 2121
June 11 0830-1000	Heat Stress Bldg 2841 Rm 2121
June 18 0830-1030	PPE/Hazard Assess Bldg 2841 Rm 2121

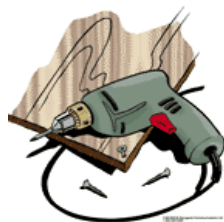
Apply your good intention to accident prevention

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Answers to the Quiz

1. False. Stimulants are no substitute for sleep. Caffeine can help you feel more alert but the effects last only a short time.
2. False. Sleep is not voluntary. You can fall asleep and never even know it.
3. False. An open window or the radio has no lasting effect on a person's ability to stay awake.
4. False. The only safe driver is an alert driver.
5. False. Sleep is not money. You can't save it up nor can you barrow from it.
6. True. The average adult needs seven to eight hours of sleep a night.
7. True. One of the warning signs of a drowsy driver is misjudging surroundings.
8. True. If you are driving and your thoughts begin to wander, it is time to pull over and take a break.
9. False. Driving, especially for long distances, makes one drowsy and reveals a true level of sleepiness. Drivers should take a break every two hours.
10. True. During a "micro sleep" of four to five seconds, a car can travel 100 yards, plenty of time to cause a serious accident.



Hand and Portable Power Tools.

Tools are such a common part of our lives that we tend to forget they can be hazardous. All tools are manufactured with safety in mind, but accidents can happen before we take the time to find and eliminate the hazards associated with the

tool. Learn to recognize the hazards and how to prevent them before any tragic accidents can occur. The greatest hazard posed by hand tools result from misuse and improper maintenance. Some examples of what not to do are:

- ✱ Do not use a screwdriver as a chisel.
- ✱ Do not use a cracked, loose, or splintered wooden handle.
- ✱ Do not use impact tools with mushroom heads.
- ✱ Do not carry power tools by the cord or hose.
- ✱ Do not yank the cord to disconnect tools from the power source.

✱ Always disconnect the tool from its power source before servicing or changing accessories such as blades, bits, and cutters.

Handheld power tools can be dangerous when improperly used. Operators need to be properly trained in the use and care of all tools before operating them. Maintain all tools in accordance with manufacturer's recommendations. Wear the appropriate personnel protective equipment and remove damaged tools from service.

NEVER operate hand or power tools while fatigued or under the influence medication or alcohol.

As the temperature rises so should your interest in protection from the sun's ultraviolet rays. Use sunscreen of at least SPF 15.

"SAFETY DAY IS 20 MAY"

Safety day will be from 1000 to 1400 at Bldg 2797 (Roadrunner).

Join the Safety Office and the numerous invited guests attending this years annual FSH Safety Day. This year attractions will include: Forklift Rodeo, Safety Equipment Vendors, Ergonomically Safe Work Stations, and much more.

Hope to see you there.

Computer Users Can Maintain Healthy Eyes:

1. Get regular eye examinations.
2. Blink frequently to help keep your eyes moist, particularly if you wear contact lenses.
3. Adjust your monitor distance to at least 18" from your eyes.
4. Adjust monitor angle to reduce reflective glare.
5. Occasionally cup your hands over closed eyes for 30 to 60 seconds, take deep, slow breaths to relax.
6. Relocate your computer monitor from in front of windows and bright light sources.
7. Keep the monitor screen clean.

Summer Driving Tips

1. Ensure your vehicle is serviced and in good mechanical condition before starting a trip. Arrive Safe!
2. Always BUCKLE-UP!!!



Useful Websites

OSHA: www.osha.gov

Army Safety Center:

<http://safety.army.mil/home.html>

For additional assistance contact

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Or visit

Installation Safety Office Website at:

<http://www.cs.amedd.army.mil/isol/>

Put Safety First!

☺ Safety is something you can not live without ☺